



Lighten Up! News

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Burn Baby Burn!

You have heard it often, "making healthier food choices and exercising is the smartest method to lose weight and maintain it." Another saying often heard is "you have to use it to lose it." Have you ever wondered what kind of an impact your food choices have on your weight or how much you have to use to lose?

To gain an understanding of this question, Healthy Utah estimated how much exercise the average participant would need to do in order to burn off enough calories to lose or maintain their weight. The average female Healthy Utah participant is 42 years old, 5 foot 5 inches and 163 pounds.

The following estimates will show you how much this average person needs to exercise in order to prevent most of the calories consumed during a meal from being stored as fat. Some estimates may appear discouraging. But remember, the lesson is that your food choices have an impact on your weight and if you don't exercise, your body will store calories more easily.

Shown here are examples of the amount of exercise you would need to do in order to "use up" most of the calories consumed.

A helpful web site to find how many calories you burn while doing a particular activity is www.primusweb.com/fitnesspartner/jumpsite/calculat.htm. You can also access information on the amount of calories and fat grams a food has as well as calories burned during exercise at www.caloriecontrol.org/.

Meal-Choice #1-A

Burger King Whopper with cheese, medium order French fries, 22 oz. Coke (1440 calories, 69 grams fat)

Exercise
2 hours on the elliptical trainer

Meal-Choice #1-B

Burger King hamburger with ketchup, small order French fries, 22 oz. Diet Coke (660 calories, 28 grams fat)

Exercise
45 minutes on the elliptical trainer (Add a Dutch Apple Pie to this meal at Burger King [300 calories, 15 grams fat], you would need to do the elliptical trainer for 1 hour and 10 minutes)

Meal-Choice #2-A

3 slices Pizza Hut medium, pan crust, Supreme pizza with 1 breadstick and 22 oz. Coke (1565 calories, 59 grams fat)

Exercise
5 hours walking (3.5 miles per hour)

Meal-Choice #2-B

3 slices Pizza Hut medium, pan crust, Veggie Lover's pizza with 22 oz. Diet Coke (999 calories, 36 grams fat)

Exercise
3 hours walking

Meal-Choice #3-A

3 oz. beef steak-tenderloin, prime-1/8 inch trim, baked potato with sour cream and chives, side salad with 2 tbsp. blue cheese dressing, 12 oz. Coke (1020 calories, 61 grams fat)

Exercise
1 hour 30 minutes of swimming

Meal-Choice #3-B

3 oz. salmon, baked potato with 1 cup 1% cottage cheese, side salad with 2 Tbsp. Low calorie blue cheese salad dressing, steamed broccoli with 1 tsp. butter, 1/2 cup strawberry ice-cream with 1/2 cup blueberries (910 calories, 28 grams fat)

Exercise
1 hour 10 minutes swimming

Meal-Choice #4-A

Olive Garden's 24 oz. Capellini Primavera, 1 breadstick and 1 1/2 cup salad (1040 calories, 38 grams fat)

Exercise
2 1/2 hours of low-impact aerobics

Meal-Choice #4-B

Olive Garden's 17 oz. Linguine alla Marinara, 1 breadstick, and 1/2 cup salad (690 calories, 19 grams fat)

Exercise
1 1/2 hour of low-impact aerobics



Tip of the Quarter

Feeling a little stressed, angry or sad? Try listening to your favorite CD's for help. Research suggests that music has a vital impact on emotional health and well-being. Professional music therapy has been shown to help relieve conditions such as depression and anxiety. Give yourself a musical mood fix during dinner, before bed, or on your way to work by listening to tunes that relax you.

Ask the R.D.

by Kelly Miller

"Do you think that I should take a multivitamin?"

My first response to this question is, "I don't know." I could do a diet analysis and really look at the diet. But there is a very good chance that this person would need a multivitamin. Although it is possible to satisfy many nutrient requirements with food, the typical American does not. We lead hectic, fast-paced lives and are bombarded with low nutrient foods that are easy to grab. This

lifestyle does not allow for many of us to get that 100% daily dose of each necessary nutrient. A multivitamin offers much insurance with almost nonexistent risk. What multi vitamin might be a good choice? Try checking these out: Centrum, AARP Alphabet Vitamins Formula 358 (cheaper version of Centrum), CVS Spectravite, Walgreens A thru Z, One-A-Day Maximum and Theragran M.

Whipping Winter Workout Woes

Winters grays and browns, along with cold temperatures and being indoors more, can put a damper on your workouts. If you feel bored or burnt out on exercise, try some of these tips to boost your attitude and energy for your workouts.

Be different.

If you run, try cycling. If you do aerobic classes, try swimming. The change of activity will change how you think of exercise. As a bonus, using different muscles will keep your body from adapting to exercise, burning more calories.

Look at things from a different point of view.

Where you work out can make a difference in your attitude and your emotions. If you walk on a treadmill, walk outdoors. The crisp, cool air will awaken and energize you for the rest of the day.

Begin with the end in mind.

Plan your exercise so that you go somewhere to see something. Park far enough away from where you want to go so that you get two workouts: one getting there and one coming back. Visit the zoo, a museum or meet friends at a favorite place.

Join the crew.

Exercise with a group. The energy and excitement that comes when you exercise with friends will motivate and help you reach your goal.

Take a break.

Sometimes, too much is way too much. Be sure you are getting enough rest. If you find yourself always tired or getting sick much more than usual, it might be time for you to take a week off. Don't make that a habit, but when you return to your exercise, it will surprise you how you feel.

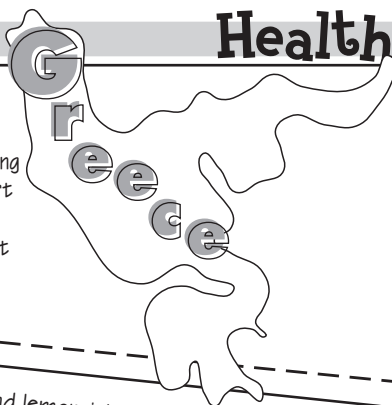
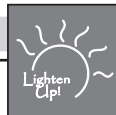
Be prepared.

Not dressing appropriately for exercise can make workouts unbearable. If exercising in the cold, wear layers. That way, if you get too warm, you won't have to worry about indecent exposure as you strip down!

You've earned it.

Reward yourself for your activity. Once a week, or after a particularly difficult workout, do something you really want to do. This doesn't mean to down a dozen doughnuts. Go to a movie, enjoy a really good piece of chocolate (instead of a box of waxy ones) or savor a cup of warm apple cider.

Exercise is for you to have time for yourself. Treat it as therapy for your soul, a retreat where no one can bother you, a day spa for your mind and a recharge for your body.



Recipes

This quarter, we are taking you to the mythical part of the world, Greece. Come taste the food at your own pace.

Meat, Bulgur & Rice Dolmades

Once the grape leaves are rolled, they are braised in broth and lemon juice. Their fragrant, slightly tart taste adds flavor to the broth, which is thickened with cornstarch to form a dipping sauce for the dolmades. They make great appetizers. Look for grape leaves in the Mediterranean section of your supermarket.

1 cup coarsely chopped fennel (about 1 bulb)
1/2 cup coarsely chopped onion
1/4 cup coarsely chopped green onions
1/2 pound ground round
2 Tbsp. uncooked medium-grain rice
2 Tbsp. uncooked bulgur
1 1/2 tsp. olive oil
1 large tomato, cored and cut in half crosswise (about 1 pound)
Dash of crushed red pepper

30 bottled large grape leaves
Cooking spray
1 (15.75 ounce) can fat-free, less-sodium chicken broth
1/4 cup fresh lemon juice
1 Tbsp. cornstarch
1 Tbsp. water
3 Tbsp. chopped fresh or 1 Tbsp. dried dill
lemon wedges

1. Combine first 3 ingredients in a food processor, and process until minced. Combine the fennel mixture with beef, rice, bulgur and oil. Grate tomato halves over mixture; discard skin. Sprinkle beef mixture with pepper; stir to combine.

2. Rinse grape leaves under cold water; drain and pat dry with paper towels. Remove stems, and discard. Spoon 1 rounded Tbsp. of beef mixture onto the center of each grape leaf. Bring 2 opposite points of leaf to center, and fold over filling. Beginning at 1 short side, roll up leaf tightly, jellyroll fashion. Repeat procedure with remaining grape leaves.

3. Place stuffed grape leaves close together, seam sides down, in a Dutch oven coated with cooking spray. Add broth and juice; bring to a boil. Cover, reduce heat, and simmer 30 minutes. Carefully remove dolmades from pan. Combine cornstarch and water. Stir cornstarch mixture into broth; bring to a boil; cook for 1 minute. Stir in dill. Serve with dolmades. Garnish with lemon wedges, if desired.

Yield: 6 servings (serving size: 5 dolmades and 1/4 cup lemon broth).
Calories: 132
Fat: 3.3 (23% calories from fat)

Fiber: 3 grams

Eggplant Spread with Yogurt and Parsley

3 eggplants (about 2 pounds)
3 Tbsp. olive oil
2 cups fresh parsley leaves, divided
2/3 cup coarsely chopped green onions
2 Tbsp. red wine vinegar

2 garlic cloves, quartered
1 bottled pepperoncini pepper
2 Tbsp. capers
1/4 tsp. ground pepper
1 (8 oz.) carton plain low-fat yogurt

1. Preheat broiler.

2. Cut eggplants in half lengthwise. Place on a jellyroll pan, cut sides up; brush cut sides with 1 Tbsp. oil. Broil 15 minutes or until tender and browned. Remove from oven; cool on pan 10 minutes. Peel eggplants; chop pulp. Place pulp in a bowl.

3. Finely chop 1 cup parsley; set aside. Combine remaining parsley, 2 Tbsp. oil, onions, vinegar, garlic, and pepperoncini pepper in a food processor. Process until smooth, scraping sides of bowl occasionally; add to eggplant. Stir in reserved chopped parsley, capers and black pepper. Cover and chill 2 hours.

4. Spoon yogurt onto several layers of heavy-duty paper towels; spread 10 1/2-inch thickness. Cover with additional paper towels; let stand for 5 minutes. Scrape yogurt from paper towel into eggplant mixture; stir gently.

Yield: 3 cups (serving size: 1 Tbsp.)

Calories: 16

Fat: 1 gram

Tip of the Quarter

Our healer within continually guides us in self-acceptance, self-love, intuition and wisdom, if we let it do its healing.

—Frances Berg



10 Plus One Grocery Store Reminders

- 1.** Always use a list.
- 2.** Arrange your list according to aisle locations.
- 3.** Avoid trouble aisles such as the candy aisle.
- 4.** Don't bother tasting samples. They are time wasters designed to trap you into buying something you don't want or need.
- 5.** Bring only cash (saves time at the checkout and saves you from temptation).
- 6.** Divide and conquer: Divvy up the grocery list with someone else (such as your spouse, roommate, or kids).
- 7.** Stock up on the staples to cut down on trips.
- 8.** Shop at a familiar store.
- 9.** Shop during nonpeak hours (many stores are open 24 hours).
- 10.** Consolidate your buying to one store rather than several specialty shops.



- 1.** Eat before you go!

